

Compassionate Me

Week 1 - Self-Compassion

Writing Meditation - Gratitude Journal



“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And, because all things have contributed to your advancement you should include all things in your gratitude.”

Ralph Waldo Emerson

It's well documented that people who express gratitude for what they have and what they experience are happier people. If you are feeling a little down, writing down things you have to be grateful for is a really good exercise.

You can either have a Gratitude Journal in which you write once a day, a few times a week or weekly. Or, just fill in the 3 lines on the Compassionate Me worksheet - during the week, or at the end of Week 1.

Just do what feels right for you.

I don't have a set time. I don't want to put myself under any pressure to achieve – I don't want it to be something else that I *have* to do. Something on my endless lists of things to do. Instead, I want to pick up my Gratitude Journal whenever I feel like it – and write in it whenever the urge takes me.

As you write, do so mindfully, with gratitude in your heart. Gratitude for the moment that you are in. Gratitude for the compassion you are giving and receiving in this moment.

